

Souper Season of Comfort, Winter 2001

Main Courses

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Red & Green Holiday Risotto

Hello. Here's some fruit and vegetable news you can really enjoy. Risotto is a tremendous gift to the world from Italy; it's made with Arborio rice. To make a colorful Risotto, sauté ½ cup each of chopped onion and fennel, and 1 cup of chopped red pepper in a touch of olive oil for 3 minutes. Now add the Arborio rice and stir for 2 minutes. Add ½ cup each of warmed vegetable broth and dry white de-alcoholized wine. Bring to a boil and stir to absorb. Slowly add another 2½ cups of warm broth, stirring until the liquid is absorbed. In a separate pan, heat 1 cup peas, 1 cup chopped zucchini, parsley and ½ cup broth. Whiz in a blender and stir into the finished rice. Sprinkle with Parmesan and serve. Molto bene! So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Red and Green Risotto

Serves 4

Provides 2 vegetable servings per person

- 1 teaspoon olive oil
- ½ cup chopped onions
- ½ cup chopped fennel bulb
- 1 cup red pepper
- ¾ cup Arborio rice
- 1 cup water
- 2½ cups low sodium vegetable broth, divided
- ½ cup de-alcoholized wine (optional) or ½ cup water
- 1 cup peas
- 1 cup zucchini
- 1 tablespoon chopped parsley
- 2 tablespoons Parmesan cheese

1. Heat the oil in a large saucepan on medium high. Fry the onion and fennel 3 minutes. Add the rice and cook, stirring, 2 more minutes. Combine the water and broth and add ½ cup to the rice. Add the de-alcoholized wine or water and cook, stirring occasionally until the liquid is gone.

2. Keep adding the liquid (saving ½ cup for the peas) about a ½ cup at a time and cook until it disappears. The end result should be quite creamy and the rice, tender.

3. In a separate pan heat the peas, parsley, and the remaining ½ cup stock. Pour into a blender and mix until smooth. Stir into the risotto and add the Parmesan cheese.

Nutritional Analysis

231 calories

3 g fat

11% calories from fat

1 g saturated fat

3% calories from saturated fat

44 g carbohydrates

441 mg sodium

6 g dietary fiber